

# Kentucky Department of Education

## Course Standards for 2019-20 and Beyond

Course Code: 703071

Course Name: K-3 Primary Physical Education

Grade Level: K



Upon course completion students should be able to:

### Standards

#### Standard 1

Demonstrate competency in a variety of motor skills and movement patterns.

##### Locomotor

- K.1.L1. Explore a variety of locomotor movements, travelling in different directions.

##### Non-Locomotor

- K.1.NL1. Explore non-locomotor skills, using different body parts.

##### Body Management

- K.1.BM1. Maintain momentary stillness on different bases of support and transfers weight from one foot to another.
- K.1.BM2. Transfer weight from one foot to the other.

##### Manipulative Skills

K.1.MS1. Explore manipulative skills with a variety of objects using performance cues.

#### Standard 2

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

##### Space

- K.2.SP1. Explore the difference between personal and general space.

##### Pathways, Shapes and Levels

- K.2.PS1. Explore pathways, levels and relationships.

##### Speed, Direction and Force

- K.2.SD1. Explore travel in general space with different speeds.

#### Standard 3

Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

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## Standards

### Physical Activity Knowledge

- K.3.PA1. Identify a variety of ways to be physically active at school and home.

### Physical Fitness Knowledge

- K.3.PF1. Identify the importance of daily activity.
- K.3.PF2. Recognize that moving increases heart and respiratory rate.

### Nutrition

- K.3.N1. Recognize that food provides energy for physical activity

## Standard 4

Demonstrate responsible personal and social behavior that exhibits respect for self and others.

### Social Interactions/Working with Others

- K.4.SW1. Share equipment and space with others in physical activity settings.

### Rules and Etiquette

- K.4.RE1. Recognize and follow the established rules, protocol and etiquette in physical education.

### Safety

- K.4.SA1. Follow teacher directions for safe participation and proper use of equipment, independently and with others

## Standard 5

Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.

### Health

- K.5.H1. Identify physical activity as a component of good health.

### Challenge

- K.5.C1. Acknowledge that some physical activities are challenging.

### Self-Expression and Enjoyment

- K.5.SE1. Explore enjoyable physical activities.

### Social Interaction

- K.5.SI1. Explore social interaction through physical activity.

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Standards
Advocacy <ul style="list-style-type: none"><li>• K.5.A1. Recognize the importance of promoting physical activity</li></ul>